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Regis University

Highlander

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The Jesuit University of the Rockies

www.RegisHighlander.com

Denver, Colorado

Regis students create a positive impact in the neighborhood by lending a hand



Photo by Elizabeth Colalillo

Seniors Andrea Silva and Robert Bruegler rake leaves this past Saturday as part of neighborhood clean-up effort. The event was organized by Bruegler.

Andrea Silva
Senior Reporter

The words "community service" often evoke places like homeless shelters, soup kitchens, nursing homes, and food pantries. Such facilities undoubtedly appreciate volunteers, and the populations served through such amenities are of great need. Last Saturday, however, senior Robert Bruegler demonstrated how service doesn't have to take place in a facility, and that sometimes, those in need of service are much closer to us than we might think; in this case, across the street.

Wanting Regis students to "be a blessing" to the residents of the homes surrounding Regis, Bruegler organized a day of neighborhood service to take place on Saturday, April 1. He offered neighbors help with whatever they needed, from yard work to gutter cleaning.

To advertise the service, Bruegler passed out flyers mainly on King, Knox, Julian, and Irving between 50th

and 49th Street. He knocked on some neighbors' doors, giving many personal invitations. Bruegler also sent out an email to the presidents of clubs and organizations on campus asking them if their clubs would like to be involved.

The idea for offering neighbors service originated from Bruegler's involvement in J-Cru, Regis' Christian Bible study/club, as every club is required to do a service project. He had also heard about the efforts of Communication professor Dr. Mary Beth Callie and Paul Alexander, director of the Institute on the Common Good, to improve community relations (as featured in the *Highlander*). Part of this was to listen to and address the complaints of neighbors dissatisfied with obnoxious student partying.

"We [J-Cru] had been going downtown for our service projects, but I thought, there are people across the street that could use our help," said Bruegler. Desiring to change the poor impression many neighbors have of Regis students, he thought that humbly offering them service might be

a step in the right direction.

Some residents of the neighborhood weren't receptive to the idea, fed up with unruly student neighbors. "One woman wouldn't take a flyer from me," said Bruegler, commenting on when he advertised at the March 2 Neighborhood dialogue held in Main Hall. However, he is understanding of neighbors' discontent, and still received many grateful responses.

Bruegler was able to line up jobs of mostly yard work and house upkeep at four homes in the neighborhood. A group of about 10 gathered in front of the Student Center at 9:30 a.m. Saturday to help with the project. Splitting into two groups, they set out to rake leaves, clean gutters, pull weeds, haul dirt, repair fences, and pick up trash.

Irving St. resident Sue Hickens was one neighbor who accepted Bruegler's services. "It's been absolutely great because they've helped me so much with even things I hadn't thought to ask," commented Hickens, who has

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26th Annual Rat Olliimpics

Psychology students (and rats) at top of their game

Jacqueline Kharouf
Jessica Schaffer
Staff Reporters

Room 104 in the Science Building became quiet as Dr. Gary Guyot, professor of psychology, read the rules for the 26th annual Rat Olliimpics. Caged and prepped Olliimpians sniffed the air expectantly, as eager coaches waited for their turn. Holding the attention of the audience, Guyot listed the five courses Olliimpians would have to face, adding that the winning team would not have to write the lab report.

This year's Rat Olliimpics featured students and rats from two teams, Team Tuesday and Team Thursday, who competed for first or second place, the chance to break a world record, and that waived lab report. And the rats? They were awarded rat-sized gold and silver medals for first or second place.

The event marked the 26th annual Rat Olliimpiad and featured rodents trained by Regis psychology students enrolled in two labs of Learning and Memory. One rat from each team, designated by the corresponding lab day, competed on one of the five apparatuses.

These apparatuses included the Hurdles, a short obstacle course requiring the rat to jump small wooden hurdles; the Ladder Climb, a scaling

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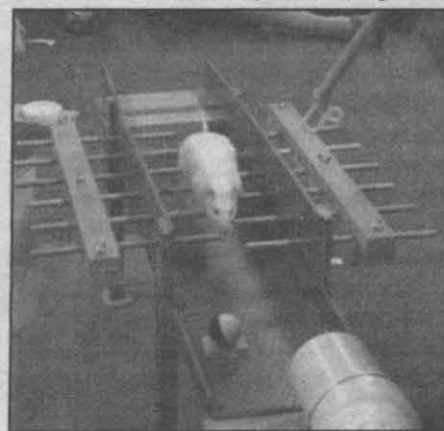


Photo by Jessica Schaffer

Rats compete in Quadathalon, an obstacle course where rats complete different tasks in a set order.



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Diversity Day Wednesday to combine speakers with dancing, storytelling and music

Maricor Coquia
Staff Reporter

On Wednesday, April 5, various affinity groups on campus will come together to celebrate Diversity Day. The event will start at noon with keynote speaker, Dr. Raymond Reyes, vice-president for Diversity at Gonzaga University and end with an array of great entertainers, which will include African storytelling, break dancing, and a musical performance by Paul Glover who has played with famous musician Carlos Santana and rock group Air Supply.

Senior Edward Yoon is a Korean-American member of the Asian-Pacific American Association (APAA) who is also heavily involved in planning the events of the Diversity celebration. In a recent meeting, he explained to his fellow group members. "Guys, how do we get our message out there? This is a big event."

APAA, like many other affinity

groups plan to use Diversity Day as a way to educate and promote diversity here on campus. In particular, an array of cultural booths will be giving away unique memorabilia and informational packets from 5 to 8 p.m. in the quad. For instance, *origami*, an intriguing Japanese art form of paper folding, will be available for students to try. APAA is also sponsoring a photo booth with available "props" such as Chinaman hats. Students will be allowed to purchase their photos and have them sent via email or printed to be placed in a decorative frame.

The Black Student Alliance (BSA) is another well-known group on campus who have planned and executed successful events that advocate the same purpose. Tave Johnson, president of BSA, said in a past interview, "We also want to increase diversity awareness," she said. "We want to encourage others of any ethnicity to join the group. It's open to all."

Likewise, other affinity groups will be



Photo from npr.org

Dr. Pietra Rivoli, author of *Travels of a T-shirt in a Global Economy*, will speak at 6:30 in the ALC Mountain View Room.

allowed to express their want to increase diversity here on campus for the Diversity celebration. An Ethiopian, German, and Hispanic booth, among others, will also be present during the given time period.

Sandra Mitchell, associate to the Provost for Diversity and main coordinator of the event, explained one of the five goals of the event, "[We want] to develop and enhance student, faculty, and staff awareness of diversity issues in higher education..." She also explained that the event will hopefully provide more opportunities of student leadership and healthy dialogue about important diversity issues. The second keynote speaker, Dr. Pietra Rivoli, author of *Travels of a T-shirt in a Global Economy*, for instance, will raise questions about sweat shops and the role of ethnicity in relation to the overall value of our global economy. As Janet Evans, professor and Sullivan Endowed Chair said, "It's really interesting when you think about it. Who would have thought a t-shirt?"

For more information regarding Diversity Day, please contact Sandra Mitchell at 303-964-5737 or visit www.regis.edu/diversity.

Students participate in Model Arab League

Justin Goldman
Staff Reporter

This past week a group of ten Regis students participated in the Southwest University Model Arab League. The conference was hosted by the University of North Texas outside of Dallas, and is run by the National Council on U.S.-Arab Relations. The mission of the National Council is to educate Americans about the Arab countries, the Middle East, and the Islamic world through leadership development, people-to-people programs, lectures, publications, and grassroots outreach. History Professor Dr. Gladys Frantz-Murphy has led Regis students to the model for many years.

The delegation this year represented Mauritania, a small country located in Northwest Africa. In August 2005, Mauritania experienced a non-violent military coup. Representing a country in transition presented a unique set of challenges to the delegation. The delegation benefited from the experience of Peter Fanning, Peter Farrell, Levi Kaess, and Brian Krouse who have previously participated in the Model

Arab League. The knowledge of Janet Sierra-Barth was invaluable during the preparation phase. Justin Goldman, Heather Jones, and Katie Kramer joined their fellow seniors making contributions while on their first delegation. The efforts of Freshman Corrine Kampe, Sophomore Mike Esser, and Junior Ryan Browne this year bode well for the future.

The model's agenda was organized around five councils. The Joint Defense Council, the Council on Palestinian Affairs, the Council of Arab Social Affairs Ministers, Council of Political Affairs, and the Council of Arab Environmental Affairs Ministers. The delegates prepared by researching the goals of their respective councils which ranged from addressing the Kyoto Protocol to enhancing Arab/African cooperation. All arguments were presented in strict adherence to parliamentary procedure. The experience provided an interesting look into the negotiations that occur in multilateral bodies, and provided an outstanding opportunity to learn about this critical region of the world, according to Frantz-Murphy.

Rat Olliimpics from front page

course on which the rat climbs several platforms to reach the top; the Pentcathalon, a rectangular maze wherein the rat must ring a bell, stand on a pedestal, push a ball down a ramp, and crawl through a tunnel; the Freestyle Obstacle Course, a short track up a ladder, through a tunnel pipe, across a rope, and up another ladder for a slam dunk in the graduated cylinder; and finally, the Quadathalon, a plat-formed game in which the rat crawls across wooden bars, pushes a ball through a tunnel, and chooses the correct pattern of the "let's make a deal" doors, which lead across the chicken wire and to the finish line.

To get their rats through the events, competing students used a number of

secondary reinforcers, or condition stimuli, which cued the rat to find the food at the end of the course. These stimuli included pill bottles, keys, tapping pens, whistles, flashlights, or baby rattles.

The skills that students acquire during preparation for this event are valuable in all facets of life, ranging from training pets, to parenting, to practicing behavioral modification programs in a clinical psychology setting.

The event was a success for Team Thursday, which received gold medals in the Hurdles, the Ladder, and the Quadathalon, earning the majority of medals needed to win the grand prize. While no world records were broken, Guyot said both teams worked very hard and played well, making this year's Rat Olliimpics just a nose shy of the record books.

Clean-up from front page

lived across from Regis for 8 years.

"There are college kids that live up and down the block, and they've always been very nice, but I can't really say that anybody has ever come over and offered to help like this."

Mary Browder is another neighbor who was happy to let people from Regis help her with gutter clearing and yard maintenance. "I appreciate it immensely because I'm 78, I'm not in the best of health, so it's a blessing to me. It really is a blessing to me," said Browder, a resident of King St. since 1973.

"I think it's really good that we're working on building relationships in the neighborhood," said senior Elizabeth Goetter, who volunteered as part of a service project for the Psychology Club, which she is the president of. "It's important that they [neighbors] don't get the impression that we don't care about the neighborhood."

The vision for future neighborhood days of service is to have one each semester, get more people involved, and to get the word out to neighbors more effectively, says Bruegler. He was hoping to have a bigger group for this past Saturday, although between 10 people, the four jobs took until about 3p.m. "God really orchestrated who He wanted here," said Bruegler, who seemed content with how the day turned out. With just one semester left at Regis, he hopes that neighborhood service will continue when he moves on from Regis.

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Our Mission:

As the staff of the Regis University weekly publication, the Highlander, we intend to serve the campus and the neighborhood by providing an outlet for the transmission of news and ideas. Our publication is designed to cultivate awareness, understanding and dialogue about matters of community importance.

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Regis Students take on the mission of removing the stigma of suicide

Katie Simons
Staff Writer

The life of a college student is filled with ups and downs. The transition from high school to college and everything that comes along with it often times causes a great deal of stress and anxiety. There are new challenges, break ups, and more pressure. And for some students all of this is too much to take. So many students look for a way out. What many may not realize is that according to the National Mental Health Association suicide is actually the second leading cause of death among college students. Shocking and unknown to some people, suicide is often a taboo subject with people.

Are mental disorders really a "hidden killer" on our campuses, or just another instance of media exaggeration? At first glance, being at college appears to be a protective factor for suicide. On one hand, the often cited "Big Ten Student Suicide Study" (a 10-year retrospective study examining completed suicides among undergraduate and graduate students on the main campuses of the 12 school affiliated with the Big Ten University Athletic Association) concluded that the average suicide rate for college students was only half the general population rate of 15 per 100,000 for people matched on age, gender and race.

On the other hand, as mentioned earlier, suicide is the second leading cause of death among 20-24 year-olds, and the rate of suicide among young males has tripled since 1970. The leading cause of death is accidental injury (eg. falls, drowning), and many of those deaths may actually be suicides or at least the result of high-risk behavior that could be conceived as part of suicidal continuum of harm to the self. The college-aged population also thinks about suicide more often than any other age group, with one in 12 college students in the United States making a suicide plan.

A group of Regis students is looking to change that. This year Regis University earned a grant funded by the Colorado Department of Public Health. Regis was one of eight awardees, but the only institution of higher education. In order to fulfill the expectations of the grant proposal, Regis must do three things: First, Regis must create a suicide prevention coalition with students, staff, faculty and individuals from outside Regis to discuss issues related to suicide prevention at Regis. Second, Regis will conduct a campus-wide needs assessment to assess of thoughts, feelings, and awareness of suicide and mental health. Finally, Regis intends to create a program to decrease the stigma of suicide and mental illness as well as increase knowledge about available resources and what to do if you or a friend needs help. The grant

is for \$8,000 and ends in July.

These guidelines have sparked the creation of a Suicide Prevention Coalition with members from the Choices Peer Education program on campus. This group has already begun to take steps to meet the goals of this grant and go beyond. In the works right now are various events taking place during Health Nut Week in order to promote suicide awareness and prevention. Active Minds will have a booth set up in the student center on April 4 from 11-1 p.m. to give out information as well as beads so that students can wear to show their support.

On Thursday, April 6, Alison Malmon, the founder of Active Minds, a student-run mental health awareness, education, and advocacy organization, will be speaking on campus at 12 p.m. and at 8 p.m. in the LDC classroom (Coors Life Directions Center), presenting her program titled, "Silence=Suffering: Mental Health Advocacy for College Students." The goal is not only to educate students and staff, but also to further the mission of removing the stigma of mental disorders and help students get appropriate help.

This small group of students is now in the process of starting an Active Minds chapter on campus. Active Minds believes that all young adults have the right to understand their own minds. This grassroots organization supports the power of peer advocacy, and the strength that young adults have to break down the walls of silence and the stigma that surrounds mental illness. Regis will now look to join over forty other colleges and universities across the United States.

"As students on campus, we must recognize the importance of an organization that creates avenues for understanding and educating about mental health and suicide so that a lifeline exists for students," says Matt Prok, sophomore and co-president. By creating an Active Minds chapter this goal is within reach.

There are so many students who struggle on a daily basis. This coalition and the students in Active Minds hope they can be a lifeline and change perspectives and possibly lives. Tiffany Kovach, another member of Active Minds says, "I have seen first hand the impact that suicide has on friends left behind and because of this I want to make a difference and help people before a life ending decision is made." This is Regis' chance to speak out on an issue that is of concern on college campuses nationwide by erasing the stigma.

If students are interested in being a part of Active Minds or if anyone in the Regis community would like to participate in our Suicide Prevention Coalition, please contact Behavioral Health Promotion at 303-458-4962.

Reflections

on Kairos XV

Lindsay Viall
Staff Writer

Friday (day one)

5:00p.m.— After exchanging buses at the bus depot (ours had no air conditioning), we are on our way to High Peaks for Kairos XV! On the ride up, the bus is filled with people quoting movie lines, listening to their CDs and iPods (even though we were recommended not to) and talking. The air sure felt good and I am so glad we got a new bus. Next to me is a nursing student I have never met before. She and I chatted most of the way up to the camp and she is hilarious.

6:40— We just got here, some of the leaders are waiting and cheering for us as we step off the bus. All the excitement was contagious. I am feeling pumped...and hungry. We took our stuff up to the cabins and then headed for some food. The food was pretty good and the assigned seats were fine too. I am pretty happy to be here. It's not too cold and the snow crunching underfoot is nice. I am looking around at the trees, cabins, and hearing nothing but quiet. It's just the place I had pictured.

Later that night— The first speaker was amazing and so were the people I met. I didn't know anyone in my group, except one kid. Amazing since this is my senior year at Regis. We walk up to a building called "the arc" or something like that. It's a huge room with windows on the sides and up top, one of them is stained glass. There is a huge stage in front, and in front of that there is a small podium. The tables are set up and we find our names and sit in small groups. After the leaders introduce themselves and introduce our theme song (*Seasons of Love*), we hear from our first speaker. The topic: Knowing Yourself. It was amazing. I was inspired, felt I could relate, and was proud of the speaker for telling his story. It wasn't the usual retreat, where you do cheesy "team building." It was different. This must be what everyone has been raving about all along. I have a

All I know is that through all this, I have had fun, met new people, and have grown a lot.

really good feeling about my group too, especially this one kid. Everyone is so friendly, in a sincere way. Our leaders are doing a great job of helping us ease into the weekend. We head over to the "mill" for a candle light service...it was amazing and everyone said their piece. If you want to know more about that...I can't describe it...it's a feeling.

Even Later— The cabins are great. It's a hard cement-like floor...but HEATED! Haha! The only thing that sucks is those plastic covers, the ones you have when you are little so you don't wet the mattress, they are on the bed. So every time someone moves, all I can hear is "crunch, crinkle, crunch." Ahh it is so annoying.

Saturday (day two)

Early— What the hell is that noise? Is that *chairs*? "wake up ladies!" I am NOT feeling the reflection and peace I did last night. I roll away from the wall towards the center of the room- it is chairs-banging on the floor. Another girl shares my sympathy- "If you want me to be nice then wake me up nice!" We roll out and head to the meal.

Mid-day—Our first unstructured time! I actually have liked all the things we have done so far. Its been great to get to know these people, our leaders, and just kind of take in the great place we are. Of course there are more amazing speakers today...I can't believe how brave our leaders are. And how great my group is. I am having so much fun. We went on a hike too, and it was so deep in the snow. There was a slide too, and people were pegging each other with snowballs. A little less serious than the other parts of the retreat, but it was nice to see the playful side of people, too.

Early Evening-ish—I can't tell you what happened; or it would ruin Kairos for those who will go on it later. All I can say is that this is my favorite part of the retreat so far. I am so overwhelmed with happiness that I am giddy. It's amazing what words can do. We have free time again and I am writing a letter to a friend and playing outside. I think I will go get some of that free hot chocolate in a minute.

Later—More speakers and more tears for me. Good ones though. Good ones for sure. I can't even guess what time it is, and I don't want to, either. I just want this feeling and this retreat to keep on going.

Nighttime— A little celebration after the speakers and services of the night. Down in one of the cabins we put on music and a fire. The smores and dancing are not far behind. It's a chance for me to mingle around with those outside my small group. I love it!! And dang, those smores are delicious. After a while though, my own clock says bedtime and I head up for sleep.

Sunday (Day Three)

Morning— A nicer wake up call and over to breakfast and the arc. I am used to this, and I like it. I like seeing these faces and looking out my window seeing the snow and trees. I don't want to think that this is my last day. I wish I could be a leader next year, but I can't of course...I am graduating. Although, I have to say it was a great way to end my time here at Regis. So far it has been the best weekend ever. It was everything I imagined and so much more. I hope that everyone has some kind of experience similar to this in their lives. It's one in a million.

Afternoon— I love my small group...that's all I can say really. I love not being rushed. I don't want to go back...but then again...I do. You have to live life, right? All I know is that through all this, I have had fun, met new people, and have grown a lot. I can't tell you guys everything...it wouldn't be a mystery anymore and it would take away from people's experiences who want to go in the future. All I can tell you is that it changed the way I look at my own life. "Live the Fourth."

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Iraq War veterans have a valuable lesson to teach America

Michael Uhrig
Contributing Columnist

On Wednesday, March 22, Tammy Duckworth, perhaps the most high profile Iraq War veteran running for Congress this year, won her party's primary in Illinois' 6th Congressional District. She will square off against Republican State Senator Peter Roskam to replace retiring Rep. Henry Hyde, a Republican who is currently serving his 16th term in Congress. Duckworth, who lost her legs when the helicopter she was piloting in Iraq was struck by a rocket-propelled grenade, has been extremely critical of the Bush Administration's handling of the war and even claims that invading Iraq in the first place was a mistake.

The most recent data that I could find for this year's election came from Reuters, which reported that as of March 22, there are nine Iraq War veterans still running for Congress, only one of which is a Republican. The other eight are Democrats, most of whom have been very critical of the Bush Administration's policy in Iraq. At least one of them, Andrew Horne of Kentucky, has gone so far as to claim that the President and his administration lied to the American people and continue to lie about what is really going on over there.

This, for me, is extremely ironic. I was a senior in high school when 9/11 happened and was a freshman here when President Bush finally got his wish and invaded Iraq. In the several months leading up to the invasion, I was involved in a few protests, so I had the extremely frustrating experience of explaining to people over and over again why protesting the war was not, as was the dominant perception at the time, an unpatriotic declaration that I did not support the troops. Now ask yourself, in the time leading up to the last presidential election how many times did you hear someone

say that they were going to vote to reelect President Bush because we should show support for our government during wartime?

All debates about the legitimacy and necessity of going into Iraq aside, the reason why I am so happy that such an overwhelming majority of these veterans running for congress are critical of the Bush Administration is that this should finally teach America a lesson: not supporting the war in Iraq is NOT unpatriotic. Being opposed to the war does NOT mean that you also do not support the troops.

...this should finally teach America a lesson: not supporting the war in Iraq is NOT unpatriotic.

That being said, I am cognizant of the fact that we are over there now and need to deal with it. However, in retrospect the Republican Party leadership ought to be ashamed of the rhetoric that it used to justify the war (I also recognize that there were a lot of Democrats who supported the war too, though I think it is safe to say that the Republicans provided the bulk of the support). The ardent supporters of invading Iraq in government knew that Americans were very sensitive at the time to any suggestion of another terrorist attack, and they took full advantage of that emotional state of the nation. Watching FoxNews one would think that the anti-war protestors were actually rooting for the terrorists.

Now, three years later, hopefully we can come to fully appreciate the principle that it is possible to debate the war and support the troops at the same time. Furthermore, when the government proposes a war that is both unnecessary and foolhardy, the MOST patriotic thing that you can do is to voice your opposition.

Encouraging dialogue and dispelling myths

elle thomas
Contributing Writer

As one of the organizers of last month's Camp Casey on the Quad, I am pleased that the Regis community is still thinking and talking about that event. Our purpose was to encourage respectful discussion about the current Iraq War; in the spirit of continuing the dialogue, I wish to answer a few of the questions and comments raised in the past few weeks.

A common opinion in mainstream media, and one held by some on this very campus, is that the mention of members of the U.S. military who have died in Iraq must, in no way, shape, or form, make reference to the purpose of that war. Those with this opinion hold that every member of the armed forces shares a single mindset, that each of them believes in the Iraq war wholeheartedly. However, I counter that military personnel are just as diverse a group as the population in general, and to suggest that they do not hold a wide variety of motivations and ideas is to deny that they are thinking and feeling individuals. Because we who organized CCQ felt it important to hear the perspectives of those who have been in the military and who have served in Iraq, we created a *What Do Veterans Think?* panel, held Friday, March 17, in the Science Amp. The six veterans shared their stories and answered questions, from the audience and from each other. One of them even commented on the fact that they disagreed with each other about militarism in general, and yet all were committed to talking about – and questioning – U.S. presence in Iraq.

...military personnel are just as diverse a group as the population in general, and to suggest that they do not hold a wide variety of motivations and ideas is to deny that they are thinking and feeling individuals.

Roger MacDonald-Evoy, a retired 31-year veteran of Air Force military intelligence, now living in Wyoming, talked about his love of his military career and deeply-held belief in the usefulness of military force. He also stated his disgust at the lack of disclosure from the White House to Congress people when they voted for war in 2003 (and, considering that he was the one briefing the Bush administration, his words have merit). Dustin Flatt spoke about feeling, upon arriving in 2004, that he was helping the Iraqi people and then leaving Iraq in mid-2005 with the heavy sense that the U.S. military had caused more problems than it had solved. It was Flatt who told us that the reason given to the soldiers for being in Iraq changed substantially over time (from finding weapons of mass destruction to removing Saddam Hussein to bringing democracy to the Iraqi people), and that Bush's call for "total victory" was ill-defined and therefore might never be achieved.

And then there was T.J., a member of Iraq Veterans Against the War, who thanked us for creating the memorial and said, "You have my permission as an Iraqi vet to use my name [in that

memorial]." Perhaps some are not aware of these multi-dimensional perspectives because they are not much given consideration in the mainstream media; I for one am proud that Regis gave these vets an audience, and my ability to talk about Iraq is richer for it.

According to a Zogby Survey¹ published in March 2006, 72 percent of soldiers currently in Iraq think that the U.S. should leave that country in the next 12 months. Considering that, about the same time this survey was conducted, President Bush (whose term ends in 2008) said that total withdrawal of U.S. troops "will be decided by future presidents and future governments of Iraq," this is disconcerting news. It points to a disconnect between the President's vision and the feelings of more than two-thirds of the soldiers on the ground. This fact alone should be a call for rethinking the current situation. As an institution grounded in a mission of social justice, Regis University should be a leader in calling for this necessary dialogue. During Camp Casey on the Quad, it was.

Another point which I would like to address is that of Camp Casey on the Quad having a political bent. There was no such proselytizing. Of course the students and staff involved in CCQ have political views – each of us does – but this was an inappropriate venue for talking politics, and none of us wore politically-oriented clothing, passed out politically-oriented material, or otherwise engaged in political discussion. Our focus was on compassion and spirituality, and our purpose was to unite our community in mourning. Our 2309 white crosses were memorials, not electoral votes. We never presumed to know the affiliations or perspectives of those persons; in any event, *why* they were soldiers is irrelevant here.

Those fathers and mothers, sisters and brothers, sons and daughters are dead, killed fighting in Iraq. Can we not agree on that fact? Must we ask permission to honor them as victims of war? If so, from whom? I believe that there is a rich history of the Catholic Church protecting the living and paying respect to the dead, regardless of their politics. Did Archbishop Oscar Romero instruct his nuns to ask the political views of refugees before they offered food and shelter? Does the Ignatian Family refuse to answer certain names during the School of the Americas/WHISEC vigil with "Presente" because their voting record is unknown? Did Pope John Paul II not condemn the Iraq war as "a defeat for humanity?" It is a sad day indeed, and one that should deeply trouble people of faith, when honoring the dead is considered a political act.

I am comfortable with every aspect of Camp Casey on the Quad, and trust that the support and positive feedback we have received (from the Regis community and from beyond our gates) is indicative of the respectful and compassionate approach we took in organizing and implementing that memorial. I hope, also, that the dialogue begun several weeks ago does not end, and welcome *Highlander* readers to continue the discussion.

¹ www.zogby.com Zogby's clients include Philip Morris, Chrysler, and the U.S. Bureau of the Census. You can view the 24-question survey on their website.

Der Kugelschreiber

by Jacqueline Kharouf



Spring disc golf a refreshing outdoor activity

Erica Easter
Sports Editor

With the sunny days growing and warmer weather already upon us, more people are going to be spending their days outside.

Looking for new things to do in Colorado is not challenging, you just need to know where to look. With the increasing popularity of Frisbee golf, or disc golf, many people are discovering their time outdoors is spent participating in this physical and mental game.

Besides its outdoor appeal, this game attracts many because it is also relatively inexpensive and is a sport for everyone, regardless of age, gender, or ability.

Like conventional golf, the object of the game is to travel to all the "holes" on the course with the fewest number of throws of the disc.

However, unlike conventional golf,

the tees in disc golf are free standing and are either made of concrete, cement, or natural materials depending on the course.

Many natural elements invade the course route, such as water hazards, like lakes and rivers, trees, and rocks. With over sixty disc golf courses in the entire state of Colorado, a disc golfer has a plethora of options to keep the game exciting.

Although most of these courses are in the depths of the Rocky Mountains or on the peak of the Aspen Mountain where the highest disc golf course in the world lies, there are a few local courses that are a reasonable distance from Regis.

Additionally, Regis offers a nine hole course on campus.

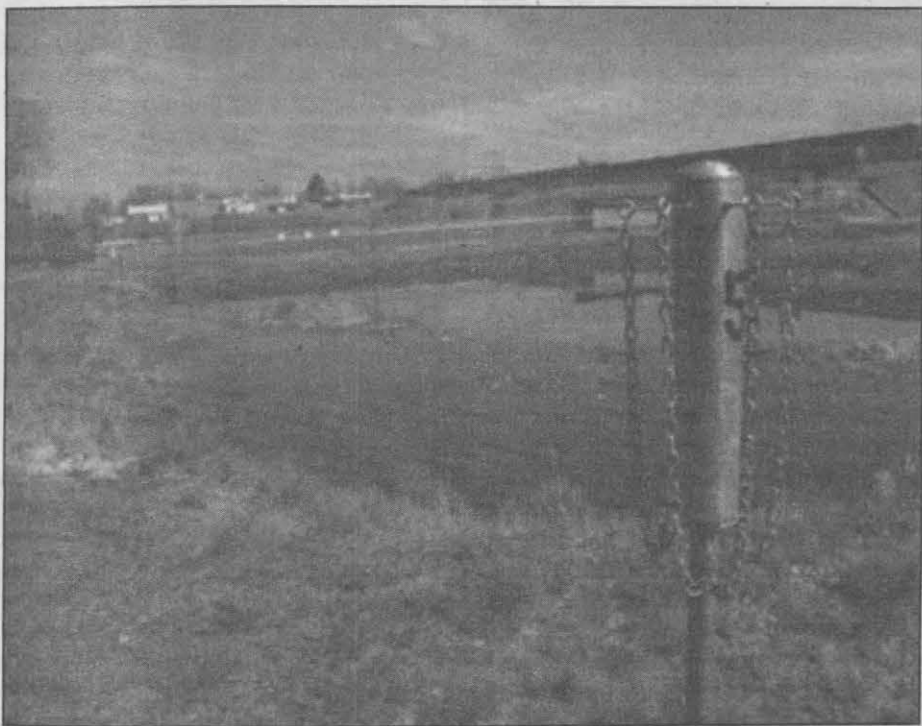


Photo by Graham Hunt

A view of the Regis frisbee golf course's fifth hole near the retaining pond, adjacent to the Townhouses. Already mastered the course on campus? All around the Denver metro area, a myriad of courses await the avid disc golfer.

ARVADA

Johnny Roberts Disc Golf Course / Memorial Park

Directions: I-70 west of Denver to Wadsworth Blvd, north to 58th, West to Allison, North 1 block, just North of the Arvada City Offices

BOULDER

South Boulder

Directions: From Denver: I-25 to US 36 westbound to Table Mesa Dr. exit. Take a left (west). Pass Broadway and the Table Mesa Shopping Center to a left on Gillaspie Dr. to the course behind the South Boulder Rec Center (on the left).

DENVER

1) *Ken Caryl Ranch*

Directions: From I-70, south on 470 for 9.3 miles, east on Ken Caryl 1.6 miles, right on Continental divide, left into Ranch House driveway. Local Retail: BC Surf & Sport Southwest Plaza Mall

2) *Badlands DG Course at Camenisch Park*

Directions: Hwy 36 to Pecos to a left on 90th, go past police dept. and fire station to park on left. Walk down the sidewalk to 1st tee on left.

GOLDEN

Golden Demon Course

Directions: From I-70 take 6th Ave. east to a left on Johnson Rd., 2 miles to a left on S. Golden Rd., 4 miles to a left on 24th St., 1 block, enter Golden High School parking lot thru the gates, drive around school to furthest south, #1 tee-off is behind building and close to tennis courts

WESTMINSTER

Westminster DG Course

Directions: US 36 exit at 104th, right on 104th to a left on Sheridan Blvd., to a left on 105th, first right, follow road to end of parking lot by pavilion. 1st tee south of pavilion past trash can and bench.

The Sports Sizzle: No method to March Madness

Katie "Sizzle" Simons
Staff Columnist

My mother always told me, "God doesn't care who wins basketball games." After all those Jesuit schools were beaten over the past weeks, this could have some truth to it. Maybe they didn't pray hard enough.

Anyway, all anyone can do now is analyze what happened to some of these teams that had such high expectations. After all, it wasn't just our Jesuit friends across the country that let so many down on the march bracket glory; we saw every single number one seed knocked from their pedestal as so-called "giant killers" like George Mason changed the NCAA tournament forever. So, as I sit here and stare at my shredded bracket, it makes me wonder how I could have done it differently.

Coaches, analysts and basketball enthusiasts alike complained that there were far too many mid-major schools in the tournament. However, the mid-majors fared quite well with the likes of Wichita St. and Bradley advancing to the Sweet 16. George Mason, the second coming of the 1980 Miracle hockey team, advanced to the Final Four as an 11 seed. The power conferences of this season — the Big East, Big Ten, and ACC — didn't even have a team in the Final Four. While the PAC 10 and SEC, who many people said were having a down year, managed to make up three of the Final Four teams.

The Jesuit schools with potential flat-out choked. Gonzaga blew a 17-point lead. With a weak conference schedule and one player seemingly carrying the load, the deck was stacked against the Zags. They just weren't prepared coming into the tourney and frankly play better in the underdog role. The other Jesuit school that had a chance was Boston College; their Sweet Sixteen game was a disaster. Poor shot selection towards the end of the game, too many missed free throws, and a lack of focus all contributed. On the last play of the game Boston College fell asleep on defense and allowed a Villanova player to cut uncontested to the basket. Really just not playing fundamental, team basketball was the dif-

ference. So what happened?

As I think about it, I realize that all the basketball knowledge I possess and all the time I spend watching games frankly doesn't matter. When it comes down to picking your bracket it's a crapshoot. In a water-cooler-type-discussion I had with a fellow student, I was told a story about a child, probably about the age of five or six, who filled out a bracket for his father. The father sat the child down and gave him the mascots and the team colors and told him to pick the winners. Shockingly enough, the kid picked every game right up until the Sweet Sixteen. On ESPN.com, out of the millions of people who filled out brackets only four people had the correct Final Four and 66 percent of the people didn't have a team left in their Final Four.

So maybe next time instead of watching the selection shows and listening to the likes of Jay Bilas and Dick Vitale break down game after game and then coming up with my picks I might take a different approach. Maybe I will just close my eyes and point, possibly throw teams into a hat and pick, or maybe I will have my dog help me.

The point is statistics, RPI's, wins and losses, or what conference you play in, those things don't mean anything. It's simply a matter of surviving and advancing. It's about who shows up to play. Often times number one seeds have an incredible amount of pressure on them, and they crack. To anyone that watched the Connecticut-George Mason game it was evident that Connecticut was playing scared. George Mason played as though they had nothing to lose and their desire to win the game overshadowed the talent of the Huskies. Unfortunately, when you get to the tourney everything that worked before is obsolete. It's playing in the moment and as fans we can't predict who is going to show up to play and who isn't.

March is a great month because not only does it bring us great basketball but it brings us upsets, underdogs to cheer for, and agony that we often share with the losing teams.



Photo by Erica Easter

Junior David LoSasso walks back to the dugout after a flying out against Colorado School of Mines. Last weekend the Rangers split a four game series against the Orediggers. This season, the Rangers are 22-14 overall.

Boulder's Chautauqua Park:

Scenic hiking trails, picnic grounds, and outdoor recreation just in time for spring

Lauren Wojtko
Staff Reporter

While Boulder's Chautauqua Park is still home to its 1850s apple orchard, today the park is also a hot spot for hikers and other outdoor recreationalists. In the late 1800s, the area was bought by Texan schoolteachers, who transformed the open space and preserved it for outdoor recreation. With 132 miles of hiking trails and hundreds of different trailheads to choose from, Chautauqua Park is a hiker's heaven.

Although the park is open year-round, hiking season kicks off with the start of spring. Chautauqua receives a large range of visitors, from people out for a short walk on one of the loops, to people tackling strenuous all-day hikes.

Chautauqua Park is centered around the Flatirons, which are part of Colorado's larger Fountain Formation. The scenery from the trail includes these towering rock formations in addition to grasslands, forests, plants, and wildlife. It also houses and protects many endangered species of plants and animals.

Anyone can hike at Chautauqua, and it is always free. In addition, anyone can be part of a free guided hike. Visitors can join a scheduled hike, or a group can call and set up a free guided hike of their own.

Two of the most popular hikes seem to be Gregory Canyon and Royal Arch. Gregory Canyon is well-shaded by trees and good for hot summer days. Royal Arch is about four miles round trip and takes nearly two hours.

The different trails and loops are labeled in difficulty by ratings of easy, moderate, hard, or strenuous. By following signs and maps, hikers can choose their trail and level of difficulty.

Each hike has something different to offer. The Green Mountain Summit is home to many butterflies and ladybugs, while Gregory Canyon offers hikers a view of a flowing creek. Those on the easier Bluebell Baird trail will see flowers, prairie, and views of Boulder and the Flatirons.

The city of Boulder owns 43,000 acres of open space and mountain parks. The hiking trails are broken into three sec-

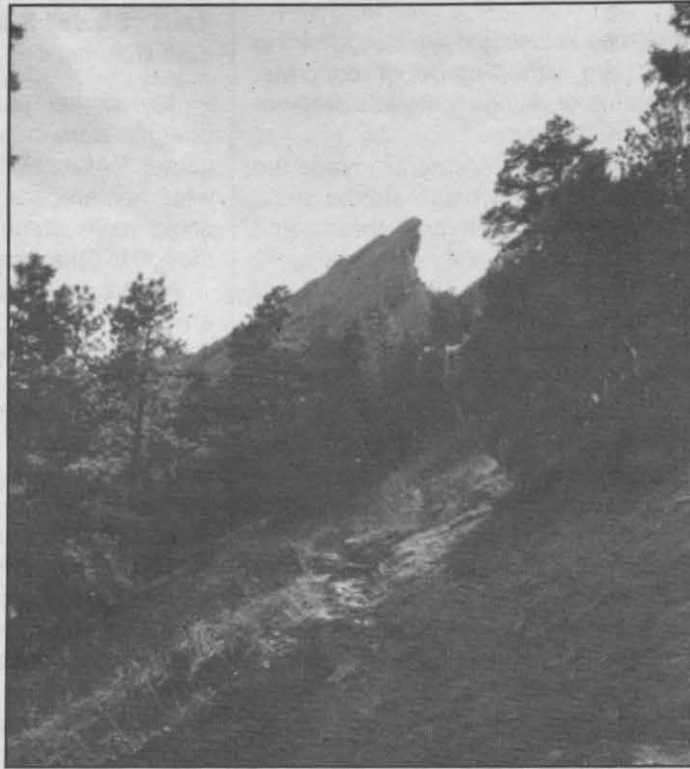


Photo by Lauren Wojtko

Trails at Chautauqua Park offer scenic views of the beautiful Flatirons. Hikers can scale the most difficult trails or meander down the easiest paths according to comfort or skill levels.

tions: the Flagstaff Mountain Loops, the Green Mountain Loops, and the Chautauqua Loops.

In addition to hiking, Chautauqua Park hosts a number of different events and activities. Perhaps most notorious is the summer concert series in its Sunrise Amphitheater. In the last couple of years, Chautauqua has attracted performers like Marc Cohn, Robert Earl Keen, and Shawn Colvin. There is also an expansive grassy area where people can play frisbee, picnic, or take on challenging mountain biking or rock climbing routes.

Chautauqua is one of the three remaining areas that were established during the historic Chautauqua Movement, which created a multitude of places across the United States for people to have educational and cultural programs. Programs are still held today in structures that were built from 1898 to 1918.

The hiking, concerts, picnic areas, and recreation at Chautauqua Park are about a 30 minute drive from Regis. The park can be easily accessed by heading West on 36 to Baseline Road. For more information about Chautauqua Park or to find and schedule guided hikes, visit www.osmp.org.

If You Go

Daily permits can be purchased for \$3 at any of these locations on Flagstaff Mountain:

Gregory Canyon - Base of Flagstaff Road

Panorama Point - 1.0 miles up Flagstaff Road

Crown Rock - 2.2 miles up Flagstaff Road

Realization Point - 3.4 miles up Flagstaff Road

Flagstaff Summit - 0.5 miles up Flagstaff Summit Road from Realization Point

Lost Gulch Overlook - 4.3 miles up Flagstaff Road

For more information call (303) 441-3440.

What's Bugging Tammy?

Tamara Hackfort
Contributing
Columnist



Despite what anyone named Daniel might say, I do not consider myself a tremendously picky person. I do not complain about most things that bother people: long lines, annoying eaters, weird societal gestures and rituals. Oh wait. Okay, so maybe I notice annoyances, but outside this column, I don't really express them, right? Tell me I'm not a horrible annoying Debbi-Downer. And speaking of public bathrooms, I have got to tell you they are the grossest thing in the whole world (it is true-look it up). I went home this weekend to visit my parents back on the farm in Iowa. While there are many inconveniences that come from flying: security lines, delayed flights, annoying talking animals on your seat-back TV; manipulating your luggage into a toilet is high on the list for me. Because I traveled alone, I had to baby-sit my luggage all the way to the only open stall in a dimly lit corner. I had to squint to see shadows just the shut the door. The screws were missing from the latch, so I had to press my suitcase against the door and hold it with my foot. The convenient toilet seat covers were empty and so I was going to take some toilet paper from the dispenser and make a nice little seaty. There was only one problem, there was no toilet paper. What do I do? Do I give up my stall only to stand back in that dreadful line? Do I ask who-knows-who-is-next-to-me to use her unwashed hands to pass me some toilet paper? Do I scrap the last square off of the roll and hope it is enough? It was dreadful. After I solved that problem (I will leave it to your imagination what I ended up doing) I was greeted by a smeared mirror and those blasted automatic paper towel dispensers that you have to ridiculously wave your hand in front of a million times to get one square of paper towel.

Haven't we all had this experience in the bathroom? Tell me I am not the only one cursed by the public bathroom gods. Why is it that they are always in such ill-repair? Is it to make those pathetic little plane "lavatories" seem appealing? I am perplexed by the mystery that is public bathrooms. Maybe you have an insight.

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Sunday April 9, 2006 (2:00 PM)

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Kurt Bolwig

Choreography:
Shannon Davis

Music Director:
Marta Varty

Film Review: *Failure to Launch* Misses the boat on romantic comedy

Maricor Coquia
Staff Reporter

Hunky man. Handsome man. Or hunky, handsome man living at home with his parents? This is the story of 35-year old Tripp (Matthew McConaughey) who, despite his good looks, humor, and wit, still lives at home with Mom and Dad.

Sue and Al (Kathy Bates and Terry Bradshaw) are Tripp's parents. Although they love their son and don't all together mind his company, i.e. doing his laundry, cleaning his room, or cooking breakfast for him every morning, they want Tripp to finally get a place of his own. As Al says, "This is ridiculous! He's 35 year's old!" And so, they hire Paula (Sarah Jessica Parker), a smart and beautiful "professional motivator" to help inspire Tripp to move out of the house by "simulating a romantic relationship."

Paula however, doesn't realize what's she's gotten herself into. Tripp is not her typical "loser" client. Instead, Tripp is a smart, funny, and confident individual who just happens to also



Photo courtesy of film.guardian.co.uk

typical). And you're right. As the opening scene projects, Tripp brings a beautiful woman home only to scare her away, especially as Tripp's dad unexpectedly walks in while they're, well, you know. She says in embarrassment under the sheets, "You live with your parents!" Tripp responds with a smirk, "Why, is that a problem?"

Failure to Launch is an incredibly witty and refreshing romantic comedy; slash that, just comedy. Romantically, this movie well, fails to launch, pun intended. The chemistry between McConaughey and Parker is dry and doesn't create the typical "butterfly" feeling other great romantic comedies create. The movie takes a very *How to Lose a Guy in 10 Days* feel, which was likewise very funny, but seemed to be removed and slightly lacking in terms of what's supposed to be called a "growing attraction" between the two main stars. Now, not to offend you *How to Lose a Guy in 10 Days* fans, but in terms of *Failure the Launch*, the romance just did not click.

After a series of wonderful comedic moments, audiences are taken aback by what's supposed to be a romantic ending. Sure, McConaughey is sexily strapped in rope, tape, and post-its, but your heart isn't wrenching for Tripp and Paula to be together. You're just laughing at the fact that Tripp and Paula's friends are spying on them from a café, projecting the couple's conversation on a large wall while everyone gathers around like teenagers drooling over another episode of *The O.C.*

Overall, *Failure to Launch* is a great comedy but horrible romance. Go see it with your guy friends. This is, after all, not altogether a "chick flick".



Photo courtesy of www.zisch.ch

love the boyhood he gets to experience at home. This of course, presents a lot of trouble for Paula as she tries to change her 10-step game plan to get Tripp out of the house. Roger Ebert summarizes her steps perfectly, "Her method is simple: You look nice, you find out what they like, and you pretend to like it, too. You encourage them to share a sad experience with you. And you ask them to teach you something."

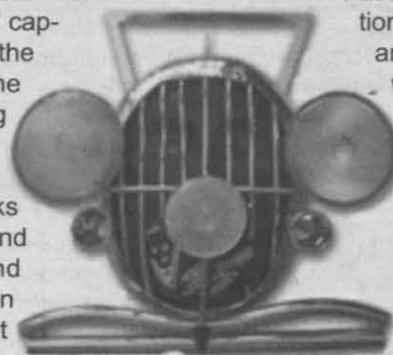
Not to be mistaken entirely for immaturity, Tripp is actually quite capable of handling his own life, but rather chooses to use his parents' home as a protective sleeve against women wanting to get too serious with him. (Ladies, I know what you're thinking... that's so

Discover Denver: The Mask Project

Justin Parnell
Associate Editor

Look deeply into a face and what do you see? A range of human emotions that tell a unique story: sadness, joy, pain, mystery, suspense, humor, remorse, and compassion. Let these stories be told and capture your imagination at the Mask Project Gallery at the Cherry Creek Shopping Center now through April 30.

More than 700 masks hand painted by local and national celebrities and artists will be on display in a free exhibit throughout the mall benefiting the Hospice of Metro Denver. Celebrity participants this year include Paul Newman, Jay Leno, Donald Trump, Sarah McLachlan, Sarah Jessica Parker, John Glenn, and many more. Celebrity masks will be displayed in cases throughout the lower level of the Center and in the Mask Project Gallery, located on the



across the nation, each contributing to the Hospice of Metro Denver.

For the first time since the Mask Project began, masks designed by children from public and private schools through the Denver area will be displayed as part of the exhibit's Faces of Angels collection. A panel of local artists and celebrities will judge these masks and award the Best of Show. The Faces of Angels Best of Show Sponsorship proceeds will go to benefit the

Footprint Program and Footprints Grief Center at Hospice of Metro Denver. Footprints, provides children's bereavement services and grief counseling for children ages 3 to 18 who are anticipating or have suffered the loss of a family member or friend or dealing with their own life threatening illness. These masks will be located at the west end of the mall.

The Mask Project collection is available for bidding online at www.themaskproject.org and at the mall during four week long exhibit.



Photos courtesy of themaskproject.org

If You Go

Cherry Creek Mall
Now - April 30

Monday-Friday:
10:00 a.m.-9:00 p.m.
Saturday:
10:00 a.m.-8:00 p.m.
Sunday:
11:00 a.m.-6:00 p.m.

Bidding & More Info:
www.themaskproject.org



Metro Denver.

According to the organization's website, over \$2 million has been raised since its debut, helping the organization benefiting terminally ill patients and their families.

Now in its fifth presentation, the charity art auction has been embraced nationally by the non-profit community as a leading fundraiser spurring more than ten similar projects to debut

Thursday Thrills: Game Show



Photo by Kathy Korsmo

At last week's Thursday Thrills, Student Activities put on a game show, quizzing contestants for a chance to win some cash. Keith Smallwood won the game show and walked away with \$180.

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Swedish
Beauty

Campus Events

Tuesday, April 4	- Fr. John Ridgway reception / Jes. House 4:00 pm - Senior etiquette dinner / Fac. Lounge 7:00 pm
Wednesday, April 5	- Quit Eating Crap dialogue / Ranger Grille 8:00 am - Quit Eating Junk / Student Center noon - Prepare to Quit Smoking / LDC Kitchen 5:00 pm - Diversity Day: Dr. Pietra Rivoli / Mtn Vw. 6:30 pm
Thursday, April 6	- Silence = Suffering / Coors Life Direction all day - The War Anthology / 1080 Acoma St. 7:30 pm - Thrills: Crazy For You / Science Amp. 7:30 pm
Friday, April 7	- Crazy For You / Science Amp. 7:30 pm
Saturday, April 8	- Babai Yar Park tour noon - Crazy For You / Science Amp. 2:00, 7:30 pm - Men's/Women's Spirituality retreat departs
Sunday, April 9	- Holy Week begins - Crazy For You / Science Amp. 2:00 pm
Monday, April 10	- Martin Small lecture / Science Amp. 7:00 pm

Ranger Athletics

BASEBALL

April 7	Metropolitan State College	3:00 pm
April 8	Metropolitan State College (DH)	noon
April 9	Metropolitan State College	noon
April 14	Colorado Christian (DH)	noon

SOFTBALL

April 5	at Colorado School of Mines (DH)	2:00 pm
April 8	Fort Hays State University (DH)	noon
April 9	Fort Hays State University (DH)	11:00 am
April 14	at Fort Lewis (DH)	noon

MEN'S GOLF

April 10-11	at Colo. Mines Invitational (Fort Morgan)
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WOMEN'S LACROSSE

April 9	CW Post	2:00 pm
April 11	at University of Denver	5:00 pm

Around Town

ARTS & CULTURE

Now-April 15	Starz Global Lens / Starz Film Center
Now-April 22	The Ladies of Camellias / Space Theatre The Clean House / Stage Theatre
Now-April 29	The Patsy Decline Show / Clocktower Cabaret
Now-May 5	Alexander, Who's Not Going To Move / Arvada
Now-May 16	Denver Art Museum Film Series / Starz Film Ctr
Now-May 21	The Second City: Red Scare / Gardner Galleria
Now-May 28	See Into Liquid / Museum of Contemporary Art
Now-July 23	Body Worlds 2 / Museum of Nature & Science
April 6-9	XicanIndie Latino Film Fest / Starz Film Center
April 6-June 3	After Ashley / Ricketson Theatre
April 14-16	Riverdance / Temple Buell Theatre
May 3-7	Les Miserables / Temple Buell Theatre

CONCERTS

April 5	Matchbox Romance / Ogden Theatre 5:00 pm Train / Paramount Theatre 8:00 pm
April 6	Deacon Gray / Comedy Works
April 6-8	Dianne Reeves / Ellie Caulkins Greg Giraldo / Comedy Works

PROFESSIONAL SPORTS

April 5	Arizona Diamondbacks at Rockies 6:30 pm San Jose Sharks at Avalanche 7:00 pm
April 6	Arizona Diamondbacks at Rockies 6:30 pm LA Lakers at Nuggets 8:30 pm
April 8	St. Louis Blues at Avalanche noon Golden State at Nuggets 7:00 pm
April 9	Minnesota Wild at Avalanche 6:00 pm
April 11	Phoenix Coyotes at Avalanche 7:00 pm

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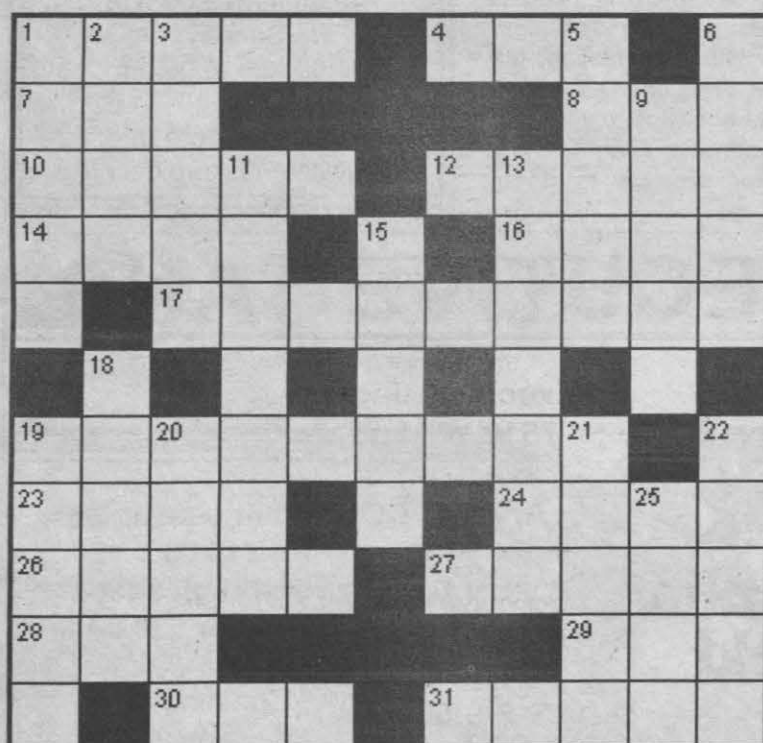
University Ministry

has separate
Men's and Women's Retreat
on April 8-9.

Spacing is limited so
sign up soon!

Learn more about your gender
and make some lasting
friendships!

Last Call



Down

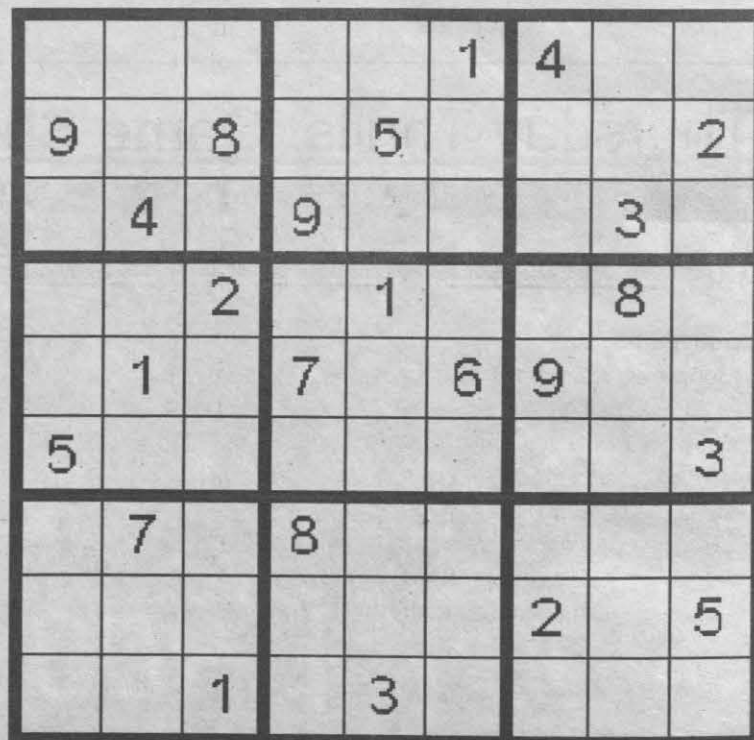
1. Slap
2. Yearn deeply
3. Wrath
5. Bunk off
6. Stench
9. Girder
11. Send to school
13. Correspondence
15. Small fish
18. Husband of Pocahontas
19. Exactly
20. Eccentric
21. Lion sounds
22. Female name
25. Hussy

Across

1. Kingdom in SW Europe
4. It is
7. Slender metal fastener
8. Equipment
10. Celestial being
12. Person used as one's excuse
14. Requirement
16. Level
17. Quality meat
19. Seltzer
23. Scheme
24. Flower
26. Later
27. Sacred song
28. Open mesh fabric
29. Alcoholic liquor
30. Expression of tastiness
31. Flour and egg food

Sudoku

Enter digits from 1 to 9 into the blank spaces. Every row and column must contain one of each digit, as does every 3x3 square.



Solutions for this week's crossword and Sudoku puzzles can be found at www.regishighlander.com